

Abstract

This bachelor's thesis concentrates on sport and people with physical disabilities, examining how exercise affects their quality of life. The thesis consists of three parts, namely theoretical, methodological, and practical. The theoretical part presents the existing research on the positive impact of physical activity on people's quality of life and discusses in more detail its benefits to their mental health. It further defines the concept of parasport and introduces its history. A separate subchapter of the theoretical part is devoted to the Czech Kladruby Rehabilitation Center. The methodological part discusses the concept of the documentary, which is also considered from a pragmatic angle. This part is particularly concerned with the creation of audiovisual content and the subsequent post-production. One of the subchapters also considers the editing process of such material. The aim of the practical part is to show, through the stories of two disabled people, how sport benefits individuals with disabilities. Scientific support for this thesis was provided by an expert from the aforementioned Kladruby Rehabilitation Center. The practical part of the thesis takes the form of a TV documentary and demonstrates that sport benefits people with physical disabilities both psychologically and physically. The respondents stated that engaging in physical activity had a major impact on their lives after an injury or a disease. In particular, they mentioned being part of a community, being able to relax or unwind, and battling negative thoughts as positive aspects of physical activity.